

Clinicopathological Study of Soft Tissue Tumours and Tumour like Conditions around the Wrist and the Hand

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ABSTRACT

Objectives: Over the last few years, there has been much interest in the study of tumours and tumour like conditions around the hand and the wrist. Most of the tumourous like conditions result from repetitive strain injuries. It is important to study true tumours and to find a correlation between them and tumourous like conditions. Also finding a correlation between benign and malignant tumours around this area is lacking in the literature.

METHODS: This study includes 178 patients with hand and wrist swellings out of 107005 patients who received medical care at our university hospital during one year (from November 2006 to the end of October 2007). Thus patients of this study represent (0.30%) of the patients admitted from the outpatient clinic.

RESULTS AND CONCLUSIONS: The pathologic diagnosis was as follow, tenosynovitis (48%), simple ganglion (41%), dupuytren's contracture (4%), Giant cell tumour of tendon sheath (4%), chronic synovitis (0.6%), fibroma (0.6%), neuroma (0.6%), dermoid cyst (0.6%), synovial sarcoma (0.6%).

The common age was between 30 and 49 years, 108 patients (60.6%) were females while 70 (39.4%) were males. Housewives were affected in 62 patients (34.8%). Interference with function and unsightly swelling was a notable feature in 75 patients (42%). Diabetes was evident in 56 patients (31.5%). Recurrence was high in trigger finger and ganglia that managed conservatively. The palmar aspect of the right hand were affected more. The smallest swelling measured 0.5 cm³ while the largest measured four by seven cm (chronic synovitis). Malignancy constitute (0.6%) of the study.